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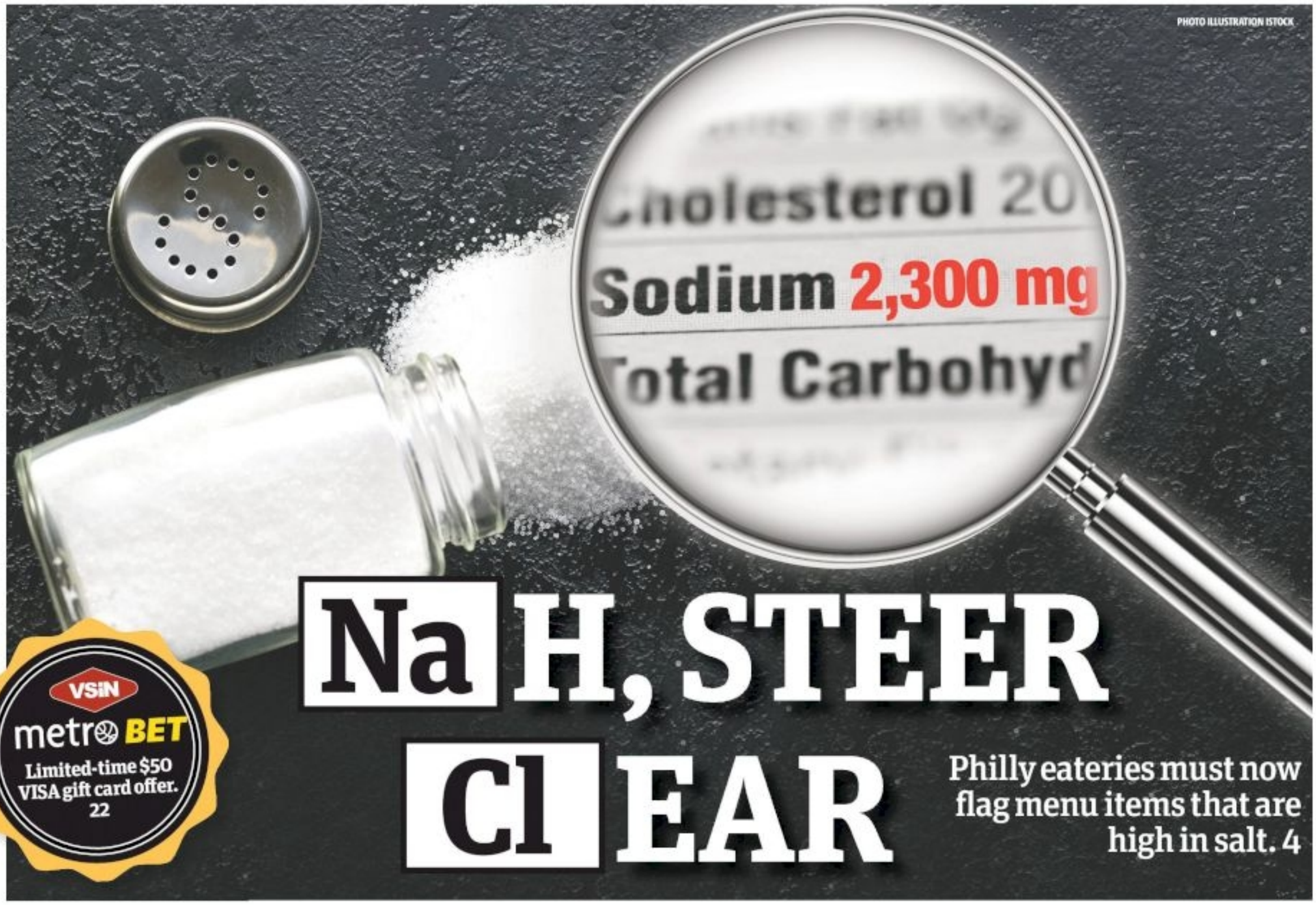

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2020 Dems call for Kavanaugh impeachment after new report of sexual misconduct

President Trump said the Justice Department should "rescue" him.

REUTERS

U.S. President Donald Trump rejected Democrats' calls for impeaching Supreme Court Justice Brett Kavanaugh on Sunday after a new report that alleged sexual misconduct, encouraging Kavanaugh to sue for libel and suggesting the Justice Department could "rescue" him.

At least three Democratic presidential candidates called for Kavanaugh's impeachment after the New York Times report.

The Times essay, drawn from an upcoming book written by the newspaper's reporters, discussed a previously unreported account of Kavanaugh's behavior as a freshman at Yale University that echoed allegations against him by former classmate Deborah Ramirez.

The new account, from former classmate Max Stier, describes Kavanaugh pushing his private parts into the hand of a female student at a party, according to the Times piece. The report said the classmate notified U.S. senators and the FBI about the incident, but the FBI did not investigate. The FBI did not respond to a request for comment on the report.

"Brett Kavanaugh should start suing people for libel, or the Justice Department should come to his rescue," Trump wrote on Twitter.

It was unclear what action the Republican president was advocating the Justice Department take.

Kavanaugh did not comment to the Times on Stier's allegation. The Supreme Court press officers did not immediately return a request for comment.

Kavanaugh, a conservative appointed by Trump, was confirmed by the U.S. Senate in October after he denied accusations of sexual assault from three women. After acrimonious hearings, the Senate confirmed his appointment to the high court by 50-48 vote, one of the tightest margins ever for a justice.

> **"I sat through those hearings. Brett Kavanaugh lied to the U.S. Senate and most importantly to the American people."**
>
> Sen. Kamala Harris, on Twitter

Trump did not mention the Times article but blamed "radical left Democrats" and the "LameStream Media" for going after Kavanaugh. In a series of Twitter posts, he accused Democrats of threatening impeachment to influence Kavanaugh's opinions on court cases.

"They want to scare him into turning Liberal!" he wrote.

Three Democrats running to replace Trump in 2020 called for Kavanaugh's impeachment on Sunday.

"I sat through those hearings. Brett Kavanaugh lied to the U.S. Senate and most importantly to the American people," Sen. Kamala Harris wrote on Twitter. "He must be impeached."

"Confirmation is not exoneration, and these newest revelations are disturbing. Like the man who appointed him, Kavanaugh should be impeached," Sen. Elizabeth Warren said in another Twitter post.

Julian Castro, housing secretary under President Barack Obama, said the new allegation should be investigated.

"What's become clear is that he should be impeached," Castro told MSNBC. "Based on this new information, that's certainly what it appears like — that he lied under oath." REUTERS

UAW calls first national strike against GM since 2007

2 The United Auto Workers (UAW) said on Sunday that its roughly 48,000 hourly workers at General Motors Co. facilities would go on strike as of midnight Sunday after U.S. labor contract talks reached an impasse, the first nationwide strike at GM in 12 years. "We do not take this lightly," Terry Dittes, the UAW vice president in charge of the union's relationship with GM, said at a press conference in downtown Detroit. "This is our last resort." GM said in a statement that its offer to the UAW during talks included more than $7 billion in new investments, 5,400 jobs — a majority of which would be new — pay increases, improved benefits and a contract ratification bonus of $8,000. "We have negotiated in good faith and with a sense of urgency," the automaker said. A strike will very quickly shut down GM's operations across North America and could hurt the broader U.S. economy. REUTERS

Jordan selling Hornets share, will remain majority owner

3 Michael Jordan is selling a percentage of ownership in the Charlotte Hornets to a pair of New York-based businessmen. The deal is pending NBA approval, but that is expected to occur quickly, the Charlotte Observer reported. Jordan's new partners will be Gabe Plotkin, a founder of Melvin Capital, and Daniel Sundheim, a founder of DI Capital. How much of the team they will buy has not been disclosed, but the Observer called it "a large piece" though Jordan will remain majority owner. "I'm excited to welcome Gabe and Dan as my partners in Hornets Sports & Entertainment," Jordan said in a statement. "While I will continue to run the Charlotte Hornets, make all decisions related to the team and organization, and remain the team's NBA Governor, Gabe and Dan's investment is invaluable as we continue to modernize ... and strive to compete with the best in the NBA." FIELD LEVEL MEDIA

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GETTY IMAGES

Philly has started sodium-shaming

Local restaurants will now have to fill you in on how salty their foods are.

BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

A new sodium-shaming regulation is being sprinkled into Philadelphia restaurants.

Eateries with high-sodium menu items will now have to disclose that information on its menus.

The public health department said that menu items with 2,300 milligrams of sodium or more will have to disclose the salt content to customers by means of warning labels.

That figure — 2,300 milligrams — comes from city website foodfitphilly.com, which claims that "Eating one of these items alone puts the consumer over the maximum daily sodium intake recommended by the USDA's Dietary Guidelines for Americans and American Heart Association."

The website also states that the average American's daily sodium intake is actually 3,400 milligrams (versus the 2,300), which is the recommended limit.

The legislation was initially signed by Mayor Jim Kenney and City Council last fall, but officially went into effect on Saturday.

71%

According to foodfitphilly.com, 71 percent of people's daily sodium comes from restaurants or processed food.

It's not clear how many Philly restaurants are on the hook, but establishments with 15 or more locations are required to post the warning labels.

According to foodfitphilly.com, 71 percent of people's daily sodium comes from restaurants or processed food. Experts say high sodium intake can cause high blood pressure, which increases the risk of heart disease and risk of stroke.

This is not the first food regulation that Philly has enacted over the past few years. The city's first menu-labeling law went into effect in 2010, according to NBC. Other local regulations include mandatory calorie counts on menu items, as well as the sugary-beverage tax.

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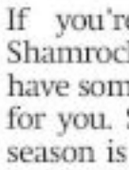
How to get a Shamrock Shake

Shamrock Shake. MCDONALD'S

Here's precisely how and when you can get a Shamrock Shake.



BECCA GLASSER-BAKER
Rebecca.Glasser@metro.us

If you're dreaming of Shamrock Shakes, we have some excellent news for you. Shamrock Shake season is back and in full swing. (Yes, already.) You might be thinking, it's a little early to celebrate St Patrick's day, but it's never too early in Philly.

The decadent minty soft-serve treat topped with clouds of whipped cream is already being served at McDonald's.

So, when do Shamrock Shakes come out? This September, you can pick up a Shamrock Shake.

What's the catch? You can only get one in select stores in Philly.

McDonald's is offering the green drink at select McDonald's in Philly to celebrate the chain's "Stomp, Scream and Shake" campaign supporting the Philadelphia Eagles. This is the sixth year the companies teamed up to celebrate the start of the NFL season.

According to Today.com, the minty drink is only available in Philly because the drink was first created in the Philly area. Additionally, the city is the home of the Ronald McDonald House charity, which gives temporary housing to young cancer patients and their families.

The origin story of the drink is that it was created to help raise money for families to help their sick children.

Although Eagles fans are thrilled about the drink making an early return, those outside of the area are a bit jealous.

If you are a fan of "the Eagles' favorite shake" (as per their current ads), you only have until Oct. 18 to get it before it retires until St. Patrick's Day.

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New York issues 'emergency' ban on flavored e-cigarettes

GETTY IMAGES

Governor's executive order will increase enforcement against underage sales.

New York Gov. Andrew Cuomo on Sunday announced a ban on all flavored e-cigarettes besides tobacco and menthol in response to a recent nationwide spate of sometimes deadly lung illnesses that U.S. health officials have linked to vaping.

Cuomo said vaping was dangerous and that he was concerned fruit- and candy-flavored e-cigarettes were leading young people to get hooked on nicotine.

"These are obviously targeted to young people and highly effective at targeting young people," the Democratic governor said at a news conference in Manhattan.

Nearly 400 people around the country have been stricken with a lung illness that is potentially vaping-related, according to the U.S. Centers for Disease Control and Prevention. Six have died.

"These are obviously targeted to young people and highly effective at targeting young people."

Gov. Andrew Cuomo

Investigators are still trying to understand what causes the illnesses. Meanwhile, health officials have warned people against buying vaping products on the street or using marijuana-derived oil. They have said people should avoid inhaling vitamin E acetate, an ingredient found in some vaping products.

400

Nearly 400 people around the country have been stricken with a lung illness that is potentially vaping-related.

In New York, the state's health commissioner, Howard Zucker, will formally ban flavored e-cigarettes besides tobacco and menthol during an emergency meeting of the state's Public Health and Health Planning Council this week, Cuomo said.

Under state law, the council can vote to issue or amend certain regulations affecting public health.

New York would be only the second state in the nation to introduce such a ban. Michigan did so earlier this month. On Wednesday, the Trump administration announced plans to remove all flavored e-cigarettes from store shelves.

Sales of e-cigarettes are banned in New York to people under 18 years old, an age that will rise to 21 in November. Cuomo said he has told state police to increase enforcement against sales to underage people. REUTERS

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Federal Judge Dan A. Polster, of the U.S. District Court's Northern District of Ohio. REUTERS

Companies ask judge in US opioid trial to recuse himself

Big Pharma argues Judge Dan Polster was not impartial in the case, improperly pushed to settle.

Major drug wholesalers and retailers facing a massive lawsuit for allegedly fostering the nation's opioid crisis asked the judge hearing the case to recuse himself on Saturday.

The companies argued in a court filing that U.S. District Judge Dan Polster, who is hearing the case in a federal court in Cleveland, Ohio, had made statements in court indicating that he was not impartial in the case and improperly pushed the companies to settle without going to trial.

The companies said that Judge Polster had also made improper public comments about the case, including to reporters.

Opioids were involved in 400,000 overdose deaths from 1999 to 2017, according to the U.S. Centers for Disease Control and Prevention.

In the filing, the companies noted that plaintiffs had sought $8 billion. Defendants in the case include McKesson Corp., Amerisource-Bergen Corp., Walgreen Co. and Walmart Inc.

"Defendants do not bring this motion lightly. Taken as a whole and viewed objectively, the record clearly demonstrates that recusal is necessary," the companies said in a court filing on Saturday.

In particular, the companies said that on Jan. 9, 2018, in the first hearing, Polster said that the country was in the grips of an "opioid crisis," adding "150 Americans are going to die today, just today, while we're meeting."

"(E)veryone shares some of the responsibility, and no one has done enough to abate it," he said, including "the manufacturers, the distributors, the pharmacies, the doctors, the federal government and state government, local governments (and) hospitals.

> **"150 Americans are going to die today, just today, while we're meeting."**
>
> Federal Judge Dan A. Polster

"My objective is to do something meaningful to abate this crisis," he said at the hearing, according to the filing.

The request for recusal comes days after Judge Polster approved the substance of a proposal by lawyers representing cities and counties suing drug companies over the U.S. opioid epidemic that would bring every state and municipality in the country into their settlement talks.

The proposal, part of litigation consolidating about 2,000 lawsuits against opioid manufacturers, retailers and others seeking damages for the epidemic, calls for creating a class of up to 3,000 counties and 30,000 cities, towns and villages that could vote on whether to accept any settlement the plaintiffs reach with the defendants.

Any proposed settlement would need to win support of at least 75 percent of class members to be approved. REUTERS

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Bankrupt Philadelphia refinery expects $50 million advanced insurance payment

GETTY IMAGES

Insurers of a fire-damaged Philadelphia refinery have indicated they would make a $50 million initial advance payment in connection with a June blaze that led to the plant's closure, court documents showed.

The infusion of funds would buy cash-strapped Philadelphia Energy Solutions more time to navigate a Chapter 11 bankruptcy, which it filed for in late July, before being forced to liquidate.

PES entered bankruptcy exactly a month after a June 21 fire and series of blasts destroyed an alkylation unit at its massive refinery complex. Shortly after the blaze, the company requested an advance payment on $1.25 billion in property damage and business interruption insurance coverage, but it was denied.

In a court filing late on Thursday, attorneys for the company and its lenders said certain insurers "have expressed willingness to make an initial advance payment of $50 million" against property damage insurance proceeds connected to the fire.

The group is expected to make a formal entry of the stipulation and order involving the insurance payments on Friday, ahead of a Sept. 19 bankruptcy hearing, the court documents said.

The refiner shut its last crude unit in late July and laid off nearly all of its 1,100 workers. A skeleton crew of about 80 union employees have been kept on for an indefinite period of time to continue winding down the plant and oversee cleanup from the June fire and explosions, which are still under investigation.

The company's bankruptcy case hinges on receiving insurance proceeds for up to $1 billion for property damage and as much as $250 million for loss of business after the fire, according to earlier filings with the United States Bankruptcy Court for the District of Delaware. Without the payouts, PES could be forced into Chapter 7 liquidation.

REUTERS

Thieves steal $5 million gold toilet from Britain's Blenheim Palace

GETTY IMAGES

Burglars have stolen a fully-functional 18-carat gold toilet from Britain's Blenheim Palace, where it had been installed as an art exhibit, police said on Saturday.

The toilet, valued at more than $5 million, was part of an exhibition of work by Italian conceptual artist Maurizio Cattelan which opened last week at the stately home 60 miles west of London.

The toilet, named "America," was previously on display in a cubicle at New York's Guggenheim Museum, where more than 100,000 visitors were able to use it.

Thieves broke into the palace, birthplace of World War II leader Winston Churchill, and removed the toilet just before 5 a.m. local time, police said. REUTERS

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Actress Felicity Huffman and husband William H. Macy. REUTERS

Actress Felicity Huffman gets 14-day sentence in US college admissions scandal

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Case highlighted lengths to which rich Americans will go to get their children into top schools.

Actress Felicity Huffman, the first parent sentenced in a wide-ranging U.S. college admissions cheating scandal, was given a 14-day prison term on Friday and made a somber apology in federal court for paying to rig her daughter's entrance exam.

U.S. District Judge Indira Talwani also ordered Huffman, the former star of the popular television series "Desperate Housewives" and one-time Academy Award nominee, to pay a $30,000 fine, undergo a year of supervised release and complete 250 hours of community service. Huffman, 56, pleaded guilty in May.

"My first apology is to you," Huffman, wearing a black dress, told the judge immediately before being sentenced.

"I realize now as a mother that love and truth must go hand in hand, and love at the expense of truth is not real love," the actress said. "I will deserve whatever punishment you give me."

Huffman was released from court after the judge ordered her to report to prison on Oct. 25. Her husband, actor William H. Macy, who had been seated in the courtroom and is not charged in the scheme, immediately approached her after court adjourned and rubbed her shoulders.

The scandal cast a spotlight on the advantages of wealth in college admissions and the lengths to which some rich Americans have gone to get their children into top universities at the expense of other applicants.

Huffman was among 51 people charged in a vast scheme in which wealthy parents were accused of conspiring to use bribery and other forms of fraud to secure for their children admission to prominent U.S. universities. These schools included Yale, Stanford, Georgetown, the University of Southern California, the University of Texas and Wake Forest.

After the sentencing hearing, Huffman issued a statement expanding on her apology.

"I especially want to apologize to the students who work hard every day to get into college, and to their parents who make tremendous sacrifices supporting their children," Huffman said in the statement.

"My hope now is that my family, my friends and my community will forgive me for my actions," Huffman added.

Prosecutors had recommended a sentence of one month behind bars after Huffman tearfully entered a guilty plea to conspiracy related to her payment of $15,000 to have someone secretly correct answers her daughter Sophia provided on the SAT standardized test used for college admissions.

Assistant U.S. Attorney Eric Rosen said incarceration was the only way to punish a wealthy person like Huffman whose real currency is fame.

"In prison there are no paparazzi. It's the great leveler," Rosen said.

Huffman's lawyer, Martin Murphy, said the actress and particularly her daughter Sophia had suffered enough and urged the judge to limit the punishment to probation. In the days after Huffman's arrest, her daughter's top-choice college rescinded its acceptance of her.

"There are consequences. Her daughter is not going to school. Consequences are likely to continue," Murphy told the judge. REUTERS

Box office: 'Hustlers' racks up solid $33 million debut, 'Goldfinch' bombs

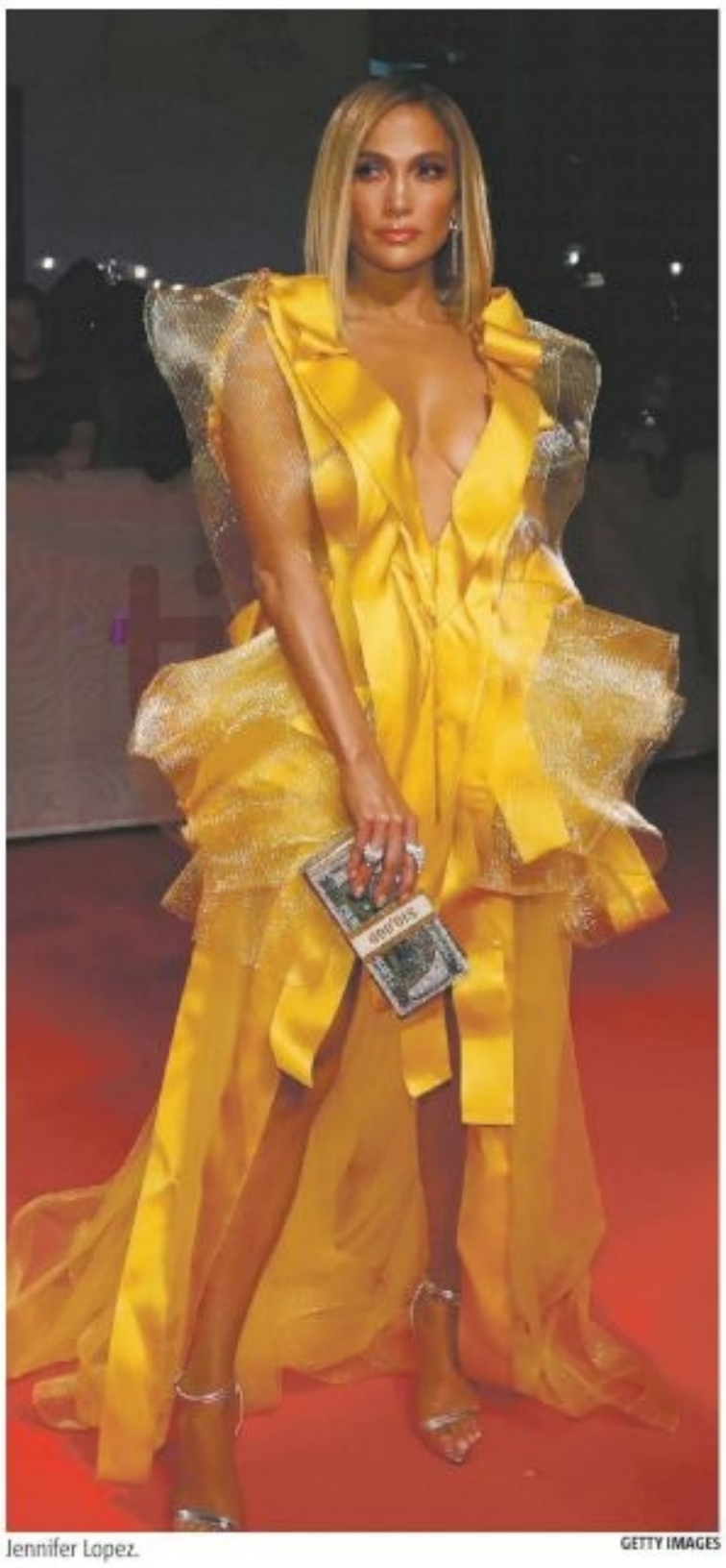
"Hustlers" rolled in the Benjamins this weekend, collecting $33.2 million when it debuted in 3,250 North American theaters.

Boosted by rave reviews and stellar word of mouth, "Hustlers" beat expectations and now ranks as the best start for an STX film, along with the biggest live-action opening weekend for stars Jennifer Lopez and Constance Wu. Directed by Lorene Scafaria, "Hustlers" is based on Jessica Pressler's 2015 New York magazine article about a group of strippers who turn the tables on their wealthy Wall Street clientele after the 2008 recession hits.

Not all newcomers were as fortunate. Warner Bros.' "The Goldfinch," adapted from Donna Tartt's Pulitzer Prize-winning novel, misfired with a disastrous $2.6 million from 2,542 locations. Those ticket sales are well behind projections that estimated an opening weekend near $12 million. The mystery drama, which cost $40 million to produce, stars Ansel Elgort stars as Theo, a young man who turns to art forgery after losing his mother in a freak tragedy. "The Goldfinch" was skewered by critics after it premiered at the Toronto Film Festival.

Despite a sour start for "The Goldfinch," Warner Bros. still dominated box office charts. For the second weekend in a row, "IT: Chapter Two" was the No. 1 movie in North America. The scary sequel pocketed another $40 million this weekend, boosting its domestic tally to $153 million. Between "IT: Chapter Two" and its predecessor, the franchised based on Stephen King's horror novel has generated over $1 billion worldwide.

Lionsgate's "Angel Has Fallen" slid to third place, adding $4.4 million in its fourth weekend of release. At No. 4, Universal's comedy "Good Boys" picked up $4.2 million, taking its bounty to a solid $73 million in North America. Rounding out the top five is Disney's "The Lion King" with $3.5 million. After nine weeks in theaters, the remake has amassed a mighty $534 million at the domestic box office. REUTERS



Jennifer Lopez. GETTY IMAGES

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Smoke is seen following a fire at Aramco facility in the eastern city of Abqaiq. REUTERS

Iran dismisses US claim it was behind Saudi oil strikes, says ready for war

Saturday's attacks knocked out 5 percent of global oil supply.

Iran rejected accusations by the United States that it was behind attacks on Saudi oil plants that risk disrupting world energy supplies and warned on Sunday that U.S. bases and aircraft carriers in the region were in range of its missiles.

Yemen's Houthi group claimed responsibility for Saturday's attacks that knocked out more than half of Saudi oil output or more than 5 percent of global supply, but U.S. Secretary of State Mike Pompeo said the assault was the work of Iran, a Houthi ally.

The drone strikes on plants in the heartland of Saudi Arabia's oil industry, including the world's biggest petroleum processing facility, were expected to send oil prices up $5-$10 per barrel on Monday as tensions rise in the Middle East.

Iranian foreign ministry spokesman Abbas Mousavi dismissed the U.S. allegation as "pointless." A senior Revolutionary Guards commander warned that the Islamic Republic was ready for "full-fledged" war.

"All American bases and their aircraft carriers in a distance of up to 2,000 kilometers around Iran are within the range of our missiles," the semi-official Tasnim news agency quoted commander Amirali Hajizadeh as saying.

State oil giant Saudi Aramco said the attack cut output by 5.7 million barrels per day, at a time when Aramco is trying to ready itself for what is expected to be the world's largest share sale.

Aramco gave no timeline for output resumption. A source close to the matter told Reuters the return to full oil capacity could take "weeks, not days."

Another source briefed on the developments said Saudi oil exports would continue to run as normal this week thanks to large storage in the kingdom.

But it remains unclear how long the oil production shutdown will continue, because the damage to the infrastructure "was big" and could not be fixed overnight, the source added.

Traders and analysts said crude may spike to as high as $100 if Riyadh fails to quickly bring back supply.

The kingdom, the world's top oil exporter, ships more than 7 million barrels of oil to global destinations every day.

Riyadh said it would compensate for the loss by drawing on its stocks which stood at 188 million barrels in June, according to official data. The United States said it was also ready to tap emergency oil reserves if needed.

The Saudi bourse closed down 1.1 percent, with banking and petrochemical shares taking the biggest hit. Saudi petrochemical firms announced a significant reduction in feedstock supplies.

5.7M

State oil giant Saudi Aramco said the attack cut output by 5.7 million barrels per day.

"Abqaiq is the nerve center of the Saudi energy system. Even if exports resume in the next 24-48 hours, the image of invulnerability has been altered," Helima Croft, global head of commodity strategy at RBC Capital Markets, told Reuters.

According to U.S. government information, 15 structures at Abqaiq suffered damage on their west-northwest facing sides.

Pompeo said there was no evidence the attack came from Yemen, where a Saudi-led coalition has been battling the Houthis for over four years in a conflict widely seen as a proxy war between Saudi Arabia and Shi'ite Muslim rival Iran.

"Amid all the calls for de-escalation, Iran has now launched an unprecedented attack on the world's energy supply," he said. REUTERS

UK's Johnson, likening himself to Incredible Hulk, vows Oct. 31 Brexit

Britain's Prime Minister Boris Johnson. REUTERS

British Prime Minister Boris Johnson likened himself to the comic-book character The Incredible Hulk in a newspaper interview where he stressed his determination to take Britain out of the European Union on Oct. 31.

The Mail on Sunday newspaper reported that Johnson said he would find a way to circumvent a recent parliament vote ordering him to delay Brexit rather than take Britain out of the E.U. without a transition deal.

"The madder Hulk gets, the stronger Hulk gets," Johnson was quoted as saying. "Hulk always escaped, no matter how tightly bound in he seemed to be — and that is the case for this country. We will come out on October 31."

Britain's parliament has repeatedly rejected the exit deal Johnson's predecessor Theresa May negotiated with the E.U., and this month rejected leaving without a deal — angering many Britons who voted to leave the bloc more than three years ago.

Johnson wants to harness that anger to win a majority in an early national election, but his efforts to call one have so far been thwarted by opposition parties who want to first ensure Britain cannot leave the E.U. without a deal on Oct. 31.

The Liberal Democrats party, which has 18 seats in Britain's 650-seat parliament, on Sunday made its bid for the votes of those who want to remain in

> **"The madder Hulk gets, the stronger Hulk gets."**
> Britain's Prime Minister Boris Johnson

the E.U., toughening its anti-Brexit stance to say it would stop the exit process if it won power in an election, and would reject any Brexit deal Johnson struck.

"If people put into government as a majority government the 'Stop Brexit' party, then stopping Brexit is exactly what people will get," party leader Jo Swinson said.

"HUGE PROGRESS"

Johnson has said he wants to negotiate a new deal that does not involve a 'backstop,' which would potentially tie Britain against its will to E.U. rules after it leaves in order to avoid checks on the border between Ireland and Northern Ireland.

The E.U. has so far insisted on the backstop, and Britain has not presented any detailed alternative.

Nonetheless, Johnson said he was "very confident" ahead of a meeting with European Commission President Jean-Claude Juncker on Monday.

"There's a very, very good conversation going on about how to address the issues of the Northern Irish border. A huge amount of progress is being made," Johnson told the Mail on Sunday, without giving details.

The opposition Labour Party called for more details on what Johnson was proposing.

Johnson drew parallels between Britain's situation in Brexit talks and the frustrations felt by fictional scientist Bruce Banner, who when enraged turned into the super-strong Incredible Hulk, frequently leaving behind a trail of destruction.

"Banner might be bound in manacles, but when provoked he would explode out of them," he said.

The Sunday Times reported that Johnson's senior adviser Dominic Cummings had raised the idea of suspending parliament for a second time. Parliament is currently suspended until Oct. 14 — a decision which is being challenged in the courts by those who say it is an attempt to block debate on Brexit.

"STOP BREXIT" PARTY

On Saturday, former Conservative minister Sam Gyimah said he was switching to the pro-E.U. Liberal Democrat party in protest of Johnson's Brexit policies and political style, and Swinson said she believed she could win an election.

But, polling suggests the Liberal Democrats, who in the party's modern form have never won more than 62 seats at an election, are unlikely to find themselves in a position to stop Brexit outright. REUTERS

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4		7						9
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HARD

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— **Sheryl Love-Johnson,** *Metro US reader*

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Aries Look for opportunities to expand your interests or add to your resume. Picking up skills, and experience will help you maneuver your way into a higher earning bracket.

Taurus Change is only as good as your timing. Assessing a situation acutely and making your move confidently are encouraged. Be proactive and seize the moment.

Gemini Pay more attention to your appearance, how you present what you have to offer and whom you include in your projects.

Cancer If something needs to be done, do it. By taking the initiative, you will gain control, respect and the support you need to finish what you start. Say less and do more.

Leo Ask questions that will help you understand a nettlesome situation. Talk to experts, older family members or anyone who can offer insight into a choice you have to make.

Virgo Network with people who can give you an idea of how to make the most with what you've got. A positive change is within reach.

Libra Don't start something you can't finish. Proceed with caution when dealing with matters that could cause a rift between you and someone that you must get along with.

Scorpio Don't wait to see what everyone else is going to do. If you want something, go after it. Be the one to initiate change, drum up interest and take charge.

Sagittarius Make changes to your personal life, home environment or appearance. How you present yourself to others will determine what kind of interest you attract.

Capricorn If you overanalyze what you want to do or see happen, you will miss the mark. If a change needs to be made, take the initiative to get things done.

Aquarius Use common sense when dealing with money matters, joint endeavors and health issues. Look for an opportunity that's cost-effective and interesting. Romance is on the rise.

Pisces Don't let someone else take care of your responsibilities. If you want to excel, do the work. An unexpected change to how you earn your living is apparent. EUGENIA LAST

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LIFESTYLE

5 Fun things to do in Philly this week

Indulge in a "Downton Abbey"-themed tea, learn all about the inner workings of cider, and more.

MOLLY GIVEN
Molly.Given@metro.us

Looking for some fun and unique things to do in Philly this week? We've got you covered.

Cider School with Ben Wenk of Ploughman Cider

Head to Primal Supply on Passyunk Avenue to partake in an interesting event that will have you walking out a cider expert. Ben Wenk, the founder of Ploughman Cider, will be leading the educational and fun class, and guests will have the chance to sample a plethora of enticing cider samples on a guided tasting, learn all about the spirited drink and also munch on continuous bites from Primal Supply Meats that will pair perfectly with your beverage. *Sept. 16, 6-8 p.m., Primal Supply Meats, 1538 E. Passyunk Ave., $125, primalsupplymeats.com*

Beauty Week

Head to King of Prussia Mall to partake in one of the most beautiful weeks of the year and get your pamper fix on while doing so. Philadelphians can indulge in plenty of specials, deals and luxurious treatments from your favorite beauty brands at select retailers starting Sept. 16. Highlighted specials include 15 percent off services and products from Adolf Biecker Salon; 20 percent off all teeth-whitening and airbrushing services from Luminosity; complimentary make-up demos and 15 percent off any purchase from M.A.C. Cosmetics; a CBD lip balm or CBD pebble lip balm gift with any purchase from Seventh Sense Botanical Therapy; complimentary skincare services and samples from Lush; and much more. *Sept. 16-22, times vary, King of Prussia Mall, 160 N. Gulph Rd., King of Prussia, prices vary, simon.com*

The Twisted Tail's Whiskey Bonanza is this week. JESSICA HENDRIX

"Lion and Unicorn" after-hours at the MOAR

Head to the Museum of the American Revolution to partake in one of their most unique History After Hours events. "Lion and Unicorn" will feature special gallery tours (6:15 p.m. and 7:15 p.m.) where you will learn about the significance of lion and unicorn symbols, boozy beverage samples from Artillery Brewing and Attic Brewing Company, British-inspired bites, beer pong games recreating Revolutionary battles, a meet and greet with representatives from WHYY and much more. *Sept. 17, 5-8 p.m., Museum of the American Revolution, 101 S. 3rd St., $10, amrevmuseum.org*

6th Annual Whiskey Bonanza

The Twisted Tail's annual event is back this week for another spirited session. Thirsty guests can try samples from over 100 different whiskeys while also chatting with industry experts all about the tasty libation. The bonanza will also feature a high-energy cocktail competition where five Philly-based bartenders will go head-to-head and mix up delicious creations for attendees to vote on. Chewy's food truck will be serving up delicious bites and VIP tickets are also available for the event and will feature early admission, whiskey samples that are not included in the main event and entry to the Twisted Tail's pig roast. *Sept. 19, 7-10 p.m., Twisted Tail, 509 S. 2nd St., $60-$75, thetwistedtail.com*

"Downton Abbey" Tea at The Rittenhouse

Calling all "Downton Abbey" fans: The Rittenhouse Hotel has got a special tea just for you. Guests can enjoy tea, savory finger sandwiches and sweet treats in the Mary Cassatt Tea Room with a royal dessert special made up of an assortment of house-made chocolate pull bells with a chocolate ribbon and sticky toffee pudding filling, a fondant photo of the Downton Abbey castle and traditional petit-fours. Guests who take on the tea will also have the chance to win "Downton Abbey" swag including bags, umbrellas, cookbooks, cocktail books and vouchers for the exclusive Sept. 16th pre-screening event. *Through the end of September, 2-5 p.m., The Rittenhouse Hotel, 210 W. Rittenhouse Sq., prices vary, rittenhousehotel.com*

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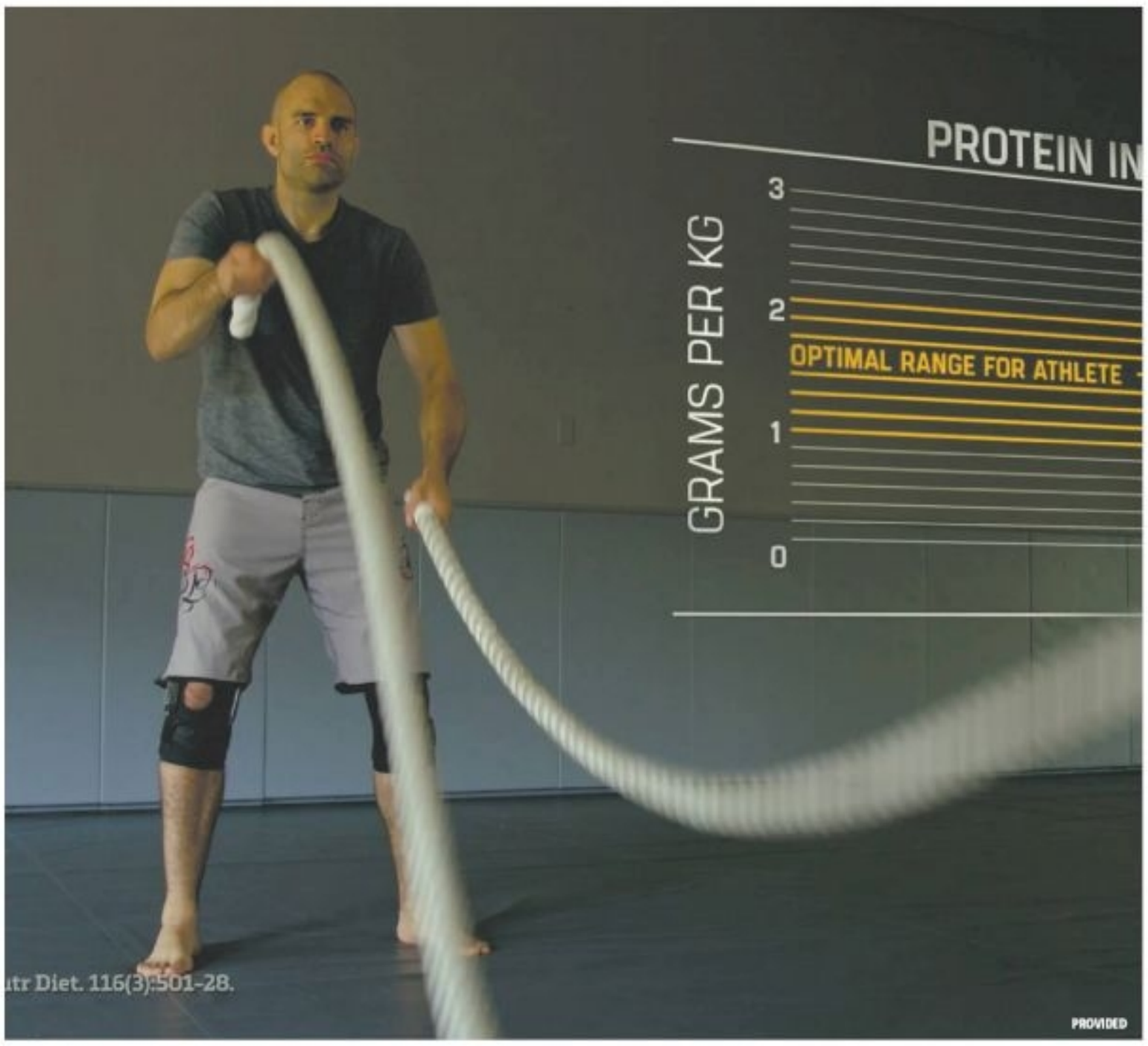

Former MMA fighter James Wilks on why going vegan is a 'Game Changer'

The athlete's documentary "The Game Changers" hits theaters for one night only tonight.

PAT KING
patrick.king@metro.us

The same old narrative has been set in stone ever since the concept of grilling meat has been around: Eating meat is your best bet for gaining protein and a surefire way to build the muscles needed to compete in any competitive sport. But, what if it was all just some clever marketing in order to move products off of shelves?

Former MMA fighter James Wilks had been a believer of the same old routine. As an athlete, he maintained a high-protein diet eating chicken, turkey and occasionally beef. He even adopted a paleo diet for a time to home in on getting as much protein in his system in order to maintain his muscle mass. But then something peculiar happened. After suffering an injury in 2011 while training for a fight, he decided to do some research into the food he had been ingesting. He began to understand that switching to a plant-based diet would provide

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a more direct source of protein without the inflammatory properties found in meat that can slow down your recovery. From there, he began to find out more, which resulted in Wilks being the subject of a brand-new feature-length documentary, "The Game Changers," directed by Academy Award-winning director Louie Psihoyos.

"I got injured training for a fight and I decided to do some research. As I did this research, I really felt like I'd been fooled or lied to," says Wilks about the start of his journey. "My parents had given me misinformation, not maliciously, but they had told me for years that I needed to eat meat and animal protein to be strong. Of course, the industry's marketing to everybody, saying that we need meat to be strong and we need milk for our bones; the opposite is true, actually. The countries with the highest dairy consumption have the highest rate of fractures. So I felt like I had been lied to. I woke up, literally, at 2 in the morning just out of nowhere and thought I should make a documentary about this and tell everybody. I hate being lied to. I just thought I'd tell the world what I found."

"I think the primary [misconception] is that you need meat and animal products for protein. When we know now that all protein originates in plants and animals are only the middlemen."
James Wilks

The film follows Wilks as he meets with famous professional athletes who have adopted a vegan diet including five-time Formula One champion Lewis Hamilton, world record-holding strongman Patrik Baboumian, and even famed muscular man and politician Arnold Schwarzenegger. Wilks also puts athletes from both the Miami Dolphins and the Tennessee Titans to the test with adapting a new diet to eye-opening results about the misconceptions tied to not eating meat and competing at such a high level.

"I think the primary [misconception] is that you need meat and animal products for protein. When we know now that all protein originates in plants and animals are only the middlemen," explains Wilks. "Animals are really doing people a disservice. They're robbing the food of the fiber and phytonutrients. They're concentrating intensified and heavy metals and they're adding an inflammatory component that isn't good for performance. Whether it's athletic performance, sexual performance ... In the long term, that inflammation actually helps cause many of the leading diseases: heart disease, cancer and diabetes."

The film also delves into the other reasons why we should consider cutting down our meat consumption, but Wilks feels that people do not need to take drastic steps that they may not be comfortable with. He just wants to present the facts for the rest of us to process in our own ways.

"There are many motivations for people switching to a plant-based diet, whether it's performance, health, animals or the environment. I think something in there is going to resonate with everybody no matter how old you are, no matter your demographic or income level. There are so many reasons for switching to a more plant-based diet. We're not trying to say 'go vegan' or 'go vegetarian,' necessarily. The film is trying to show some facts and dispel some myths, which will hopefully create a shift toward more plant-based eating."

You can catch the one-night-only premiere of "The Game Changers" tonight in select theaters.

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Starting a bigger conversation

Netflix's new limited series "Unbelievable" takes a closer look at an unimaginable real-life tragedy.

MOLLY GIVEN
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Imagine having a traumatic experience happen in your life, one so horrid that most people who go through the situation never speak of it again. Then imagine being brave enough to come forward, then be doubted, and then pegged a liar. Netflix's latest investigative limited series 'Unbelievable" highlights a real case where that side-step of justice actually happened. The series does delve into the horrible reality of sexual assault and the rationality of believing a victim, but the story also shines a light on the insanely tenacious efforts two detectives go through to bring justice to those who so desperately need it. The series' creator and director, Susannah Grant, was compelled to bring this story to life onscreen the minute she heard it, and after all of the details surrounding this compelling narrative come to light, you will most definitely see why. Grant sat down with Metro to talk about the series, the case and why she believes this story highlights the polarizing highs and lows of the justice system.

What was the driving force for you to create this series?

It was the article that Ken Armstrong and T. Christian Miller wrote and published during publication with ProPublica and The Marshall Project — it was just so arresting. It was such an incredible story and had at its heart three such remarkable people, and I quickly thought [the story] could really benefit from being told in my medium. It just has this tremendous narrative, but underneath, it really shines a light on important issues in our country that not a lot of people were talking about. I wanted people to see sexual assault looked at through the lens of the investigation process itself. Both from the perspective of someone who has been raped and is going through the investigation process and how wrong that process can go, and also from the perspective of two really talented, determined and dedicated detectives, and showing what hard work it takes to bring justice to these people.

How much did you utilize the actual case files and statements from the detectives who worked

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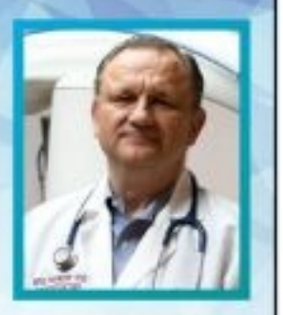

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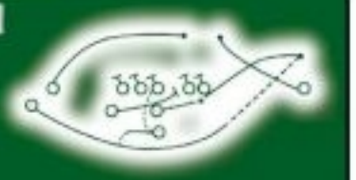

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PUBLIC STORAGE # 23103, 1251 Byberry Road, Philadelphia, PA 19116, (215) 309-8020 • Time: 11:00 AM

B209 - Foy, Tricia; B216 - Higginson III, John; D428 - White, Harry; D438 - Blanding, Marquis; F628 - Cannon, Diane; F644 - Garrison, Michael; J1203 - Haines, Kenneth; J1208 - Victor, Marci; J1244 - Cunningham Jr, Grady; J1262 - Chumashkaeva, Altyn; L1048 - Newell, Lois; M1136 - Barber, Tamara

PUBLIC STORAGE # 24232, 2700 Grant Ave, Philadelphia, PA 19114, (215) 490-9431 • Time: 12:00 PM

A019 - Hill, Tavine; A020 - Payne, Reuben; B0021 - Broomer, Crystal; C0104 - Boris, Jacqueline; C0162 - Sundling, Jillian; C0172 - Keppol, Nicole; D0203 - Szafran, Melissa; D0206 - Beale, Dorothy; E0296 - Grimes, Rosana; E0304 - Hooks, Shirlee; F0403 - Heavey, John; I0566 - YOST, JOSEPH; I0575 - Heavey, John; J0625 - Jones Jr, John; J0631 - Butler, Derek; J0642 - Tarnowski, Renee; J0757 - Kromer, Deborah; J0817 - Saez, Alberto; N1177 - Morris, Samudeh; N1187- Rissling, Mike; N1189 - Long, Leah; P018 - Heavey, John; P033 - Omalley, Michael

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on the case?
You know, I didn't lean on them that much because there was so much reporting that had already been done. We had access to the book, the article and the research materials, so a lot of our questions were already answered. We did reach out to those who were involved and let them know what we were doing, what our intentions were and we asked them a few small questions about the accuracy of what was out there already. But everyone thought the book was great so we didn't actually talk to them that much. We had a lot of the information that we already needed.

Were the two detectives in the series based on actual people?
They are not real, but they are inspired by actual people and the details of what they went through to apprehend this guy and solve this case. Those details are very close to reality. We tried to stick as close to the facts of that as possible just because they were so determined and I had such respect for the integrity that they brought to their work — it didn't need embellishment. But we did preserve their privacy, we changed their names and we dramatized the personal and inner lives of them, so that may or may not have anything to do with the real-life people.

You touched a bit on the relationship between Toni Collette and Merritt Wever's character. Why was that an important focus for you with this story?
Any character, in order to be worth watching, has to have real dimension and complexity. You're going to be watching this person for eight hours, so they better be interesting. It was also really important to me that nobody in this show be all good or all bad. It wasn't a show about white hats and black hats — everyone has nuance. People who make the worst mistakes are not horrible people and the people who do the best work are not saints. They're all real people who are as complex as you and I. The hope was to always be compassionate to everyone in the story, even people who made really harmful decisions, just to understand why.

What did you look for when casting the characters?
Toni, I've worked with before, and when she read the script she immediately said she wanted to be involved, and of course, we should be so lucky. So that was an easy one. Merritt just has a tremendous soulfulness that she brings to everything, she's really such a phenomenal actress. Watching the two of them work together was one of the real joys of this job. For the role of Marie, we auditioned a number of talented women but when Kaitlyn Dever came in to audition, she really amazed all of us. I think her performance is just spectacular.

Why do you think it's important and necessary for this story to be told?
When you look at just the statistics of the reporting ... This is just a horrendous crime, and it gets reported somewhere between 5 percent and 20 percent of the time it's perpetrated. And out of those, 5 percent are prosecuted. The numbers are just devastating and it's so clearly justice getting a pass. This was a really incredible story that had just a propulsive nature to it. Aside from the great storytelling, it revealed a lot of truths that I think a lot of people ignore.

Overall, what do you hope audiences will take away after watching "Unbelievable?"
Well, I hope that it starts a bigger conversation about something that we don't talk about enough. I don't try to dictate what that conversation should be, but if it can get people talking and thinking about something that a lot of people are ignoring, that's the goal.

"Unbelievable" is available to stream now on Netflix.

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MATT BURKE

Matt Burke is a veteran sports journalist and the Founder and Editor in Chief of MetroBet.

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The Jets and Browns are not only 0-1 in the standings but they are also both 0-1 against the spread as both were home favorites in Week 1.

Last year, Cleveland was actually one of the better teams in the NFL against the spread with the fourth-best mark in the league at 10-6-0. The Jets, meanwhile, were one of the worst teams ATS in 2018, going 5-10-1.

The line on tonight's Monday Nighter between the two changed drastically last week when it was announced that Jets QB Sam Darnold would miss the game due to mononucleosis. It opened at Browns -2.5 but went to Browns -6.5 over the weekend.

GETTY IMAGES

Gang Green will also be missing linebacker CJ Mosley, who looked like the leader of the team's defense early in their narrow loss to the Bills eight days ago.

Not only that, but star running back Le'Veon Bell is also banged up and new addition at receiver Demaryius Thomas is battling a hamstring injury.

Taking the QB duties for the Jets will be former Broncos QB Trevor Siemien, who is 13-11 as a starter. Siemien has a history in an Adam Gase-style offense as Gase made his bones in Denver under Gary Kubiak, who coached Siemien in 2015 and 2016. He should be a capable game manager for Gase Monday night.

After what the Browns showed in Week 1 at home against the Titans (a 43-13 loss), they shouldn't be a 6.5-point favorite on the road against Rutgers, let alone a Jets team that was getting plenty of sleeper buzz before the start of the season.

This one will likely play out a lot like last Thursday's Buccaneers-versus-Panthers game, which we nailed — a low scoring game in which the underdog keeps it close throughout.

The play: Jets +6.5

TWEET OF THE DAY

Tom Fornelli
@TomFornelli

Eli Manning just needs time to get acclimated to the NFL and the speed of the game and he'll be fine.

Best Bets

College FB betting: Auburn at Texas A&M

Kyle Field in College Station, Texas, plays host to an intriguing SEC showdown this Saturday afternoon as the Auburn Tigers visit the Texas A&M Aggies. In a contest that oddsmakers have essentially labeled a coin-flip, the home team is offering value.

Texas A&M is 2-1 so far this season, but arguably their most impressive performance of the season came in defeat against Clemson, as they held them to just 24 points. Trevor Lawrence and company have bulldozed Georgia Tech (52-14) and Syracuse (41-6) in their other two tilts this year.

QB Kellen Mond is fresh off his best outing of the season for the Aggies, throwing for 317 yards and a TD while rushing for another in a 62-3 rout of Lamar. Mond has completed nearly 65 percent of his passes while averaging 7.7 yards per attempt in 2019. He should get plenty of help in this one from freshman running back Isaiah Spiller, who's averaging 8.8 yards per attempt on 28 carries. Auburn's defense has been soft against the run this year, allowing just over 100 yards per game, which ranks 35th in the country.

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The play: Texas A&M spread

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Vazquez powers Sox past Phils

Phillies swept by BoSox after catcher hits two home runs.

JOE PANTORNO
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Gabe Kapler was tossed during the fourth inning of Sunday's loss to the Red Sox. GETTY IMAGES

Christian Vazquez's two home runs and a career-high five RBI, which included a third-inning grand slam, doomed the Philadelphia Phillies in a 6-3 loss to the Boston Red Sox on Sunday.

The loss ensured that the Phillies were swept by the defending World Series champions as they've lost four of their last six games.

Trailing the New York Mets by a half-game and the Chicago Cubs by 3.5 games for the final NL Wild Card spot heading into the two-game series finale, it was a must-win for the Phillies' playoff hopes.

Veteran southpaw Jason Vargas — who was acquired from the Mets — lasted just three innings on Sunday as he was tagged for four earned runs (five total) on three hits with six strikeouts.

Following JD Martinez's first-inning sacrifice fly that put Boston on the board first, Rhys Hoskins' 28th home run of the year tied things up at one in the bottom of the second inning.

The following half-inning brought about Vargas' implosion.

He hit Andrew Benintendi, allowed a single to Rafael Devers, and walked Martinez to load the bases. With two outs, Vazquez took a 71 mile-per-hour curveball from Vargas and deposited it into the left-field seats to give the Red Sox a 5-1 lead.

Cesar Hernandez pulled one back for Philadelphia in the fifth inning when he singled home Scott Kingery. But that wasn't before Bryce Harper and Gabe Kapler were thrown out of the game for arguing balls and strikes during a Hoskins at-bat in the fourth.

Phillies pitching gave their progress right back up in the top-of-the-sixth when Vazquez — this time against Mike Morin — socked his 21st home run of the season and his second of the afternoon to restore Boston's four-run advantage.

Jean Segura would single home Hoskins in the bottom of the frame, but that was as close as they would get.

With 14 games remaining, the Phillies' proverbial backs are up against the wall as they fell 4.5 games behind the Cubs after they defeated the Pittsburgh Pirates on Sunday afternoon.

In case you missed it: Temple upsets No. 21 Maryland

Temple wide receiver Kenny Yeboah (No. 84) reeled in the game-winning touchdown on Saturday as Temple upset No. 21 Maryland. GETTY IMAGES

Temple put the clamps on No. 21 Maryland and its high-scoring offense in a 20-17 upset Saturday afternoon in Philadelphia.

The Terrapins (2-1) entered the game averaging 71 points, and Temple scored 56 in their win over Bucknell.

But on Saturday, Temple's defense stole the show, holding Maryland without an offensive score in the first half, also recording four sacks and stopping the Terrapins twice in the final minutes on fourth-down attempts deep in Temple territory.

Maryland took over at the Owls' 4-yard line with 4:53 to go in the game when DJ Turner returned a punt 55 yards. Anthony McFarland, who had 26 carries for 132 yards, was smothered on fourth down from the 1-yard-line by linebacker Shawn Bradley.

Temple couldn't advance the ball on the next series, and Maryland was set up to score again when Adam Barry shanked a punt that traveled just seven yards. Taking over at the Temple 10-yard line, Maryland couldn't score again, with quarterback Josh Jackson's fourth-down pass to Turner caught out of bounds with 2:14 remaining.

The Owls (2-0) took a safety on the final play.

Trailing 15-13, Temple went ahead with 7:27 left in the game when quarterback Anthony Russo hit Kenny Yeboah for a 7-yard touchdown to culminate a 14-play, 76-yard drive.

Maryland trailed by the improbable score of 7-2 at the half. The high-scoring Terrapins' first possession ended in an interception, and the Owls marched right down and cashed in on a 29-yard Russo pass to Isaiah Wright for a 7-0 lead at 11:33 in the first quarter. It marked the first time Maryland had trailed this season.

After a first-quarter fumble recovery by the Terps on a punt, Temple stopped McFarland on fourth-and-goal at the 1-yard-line. Maryland got a safety when the Owls snapped the ball out of the end zone on a subsequent punt attempt at 8:07.

The Terrapins didn't score on offense until there was 8:22 left in the third quarter, with McFarland capping an 11-play, 86-yard drive with a 4-yard run to put the Terrapins up 9-7. Temple answered on the next play from scrimmage, Russo finding Jadan Blue for a 79-yard touchdown and a 13-9 lead.

Russo was 20-of-37 for 277 yards and three scores.

The Terrapins regained the lead when Jackson hit tight end Tyler Mabry from 17 yards out at 2:14 of the third for a 15-13 advantage.

Temple travels to Buffalo next week, while Maryland enjoys a bye week before hosting Big Ten rival Penn State on Sept. 27. REUTERS

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We are conducting a research study investigating the safety and effectiveness of an investigational treatment for reduction of frown lines (vertical wrinkles between your eyebrows)

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- ✓ The area between your eyebrows has marked frown lines (classified as moderate to severe)
- ✓ Your health is stable and any conditions you have are under control

For more information about this research study, please contact:

Heather Hartnett
Research Coordinator, University of Pennsylvania Dermatology
Email: Heather.Hartnett@pennmedicine.upenn.edu
Phone: 267-591-0079

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When: Thursday, September 19, 2019
Time: 3:00 p.m.
Where: Philadelphia Housing Authority
2013 Ridge Avenue
Multi-Purpose Room A
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metro.us/crossword

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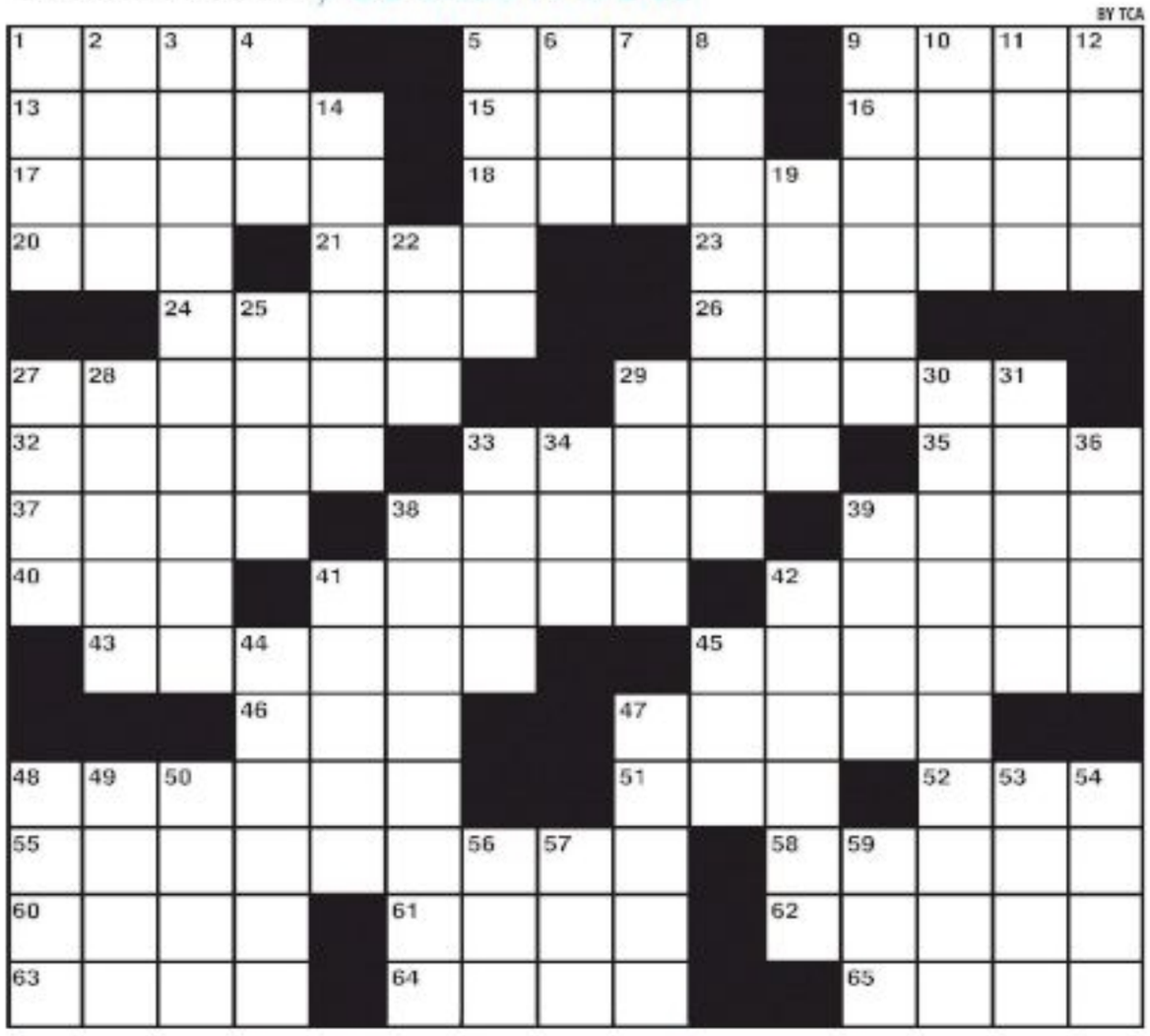

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ACROSS

1 Did the breaststroke
5 Beach surface
9 Oaf
13 Indiana hoopster
15 Jack, once of "The Tonight Show"
16 Make sharper
17 Prince Harry, to Charlotte
18 Emergency vehicle
20 Mailman's beat: abbr.
21 "Now I __ me down to sleep..."
23 Peril
24 Buckets
26 Musician's job
27 "A Tale of Two __"
29 Dancer Ben
32 2nd U.S. president
33 Couples
35 __ Jersey
37 BBQ favorites
38 Divine
39 Encycl. volume, perhaps
40 Kraków's nation: abbr.
41 Ascended
42 Juicy fruits
43 Sparse
45 Epidemic
46 Honey maker
47 Hot under the collar
48 Nut variety
51 Nov.'s follower
52 Actor Fox's monogram
55 Gorgeous
58 Just right
60 Make money
61 Easy stride
62 Reed or Mills
63 Ran fast
64 Period of time
65 Word attached to son or ladder

DOWN

1 __ on; incite
2 Desire
3 Good enough
4 Singer Tormé
5 Follows ASPCA advice
6 Author Milne's initials
7 Arrest
8 Dull menial labor
9 Transformation
10 Drawn-out
11 At __; immediately
12 Forest animal
14 __ on; has confidence in
19 Hideaways
22 Gore & his dad
25 Intentions
27 Nag
28 Common expression
29 Contemptible
30 Betrothal
31 India's first prime minister
33 Destitute
34 Promos
36 Shrewd
38 In a covetous way
39 Skillful deed
41 Representative
42 Undisturbed
44 Be plentiful
45 Prefix for view or heat
47 Ne'er-do-well
48 Beame & Fortas
49 Jump
50 Stable female
53 Wyman or Seymour
54 Envelope part
56 Enemy
57 "Pull __ chair"; words of welcome
59 Tijuana two

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